

Doctors who respect the human body's own ability to heal itself:

Dr. Caroline Leaf "Who Switched Off My Brain?" <https://drleaf.com/>

"...thoughts occupy mental real estate. **Your thoughts produce proteins**, the body's building blocks, which form real structures that change the landscape of your brain! The thoughts we think grow branches on nerve cells in the brain..."

Dr. Don Colbert "Seven Pillars of Health" <https://drcolbert.com/>

(Water, Restful Sleep, Living Food, Exercise, Detoxification, Supplements, Coping with stress)

"...deep-rooted emotional blockages and hidden fears are the major cause of ailments you suffer today."

Dr. Lorraine Day "Cancer Doesn't Scare Me Anymore" <https://drday.com/>

"It is impossible to get well from cancer or any other serious disease without learning to overcome stress. Of the three main causes of disease (poor nutrition, dehydration, stress), the most difficult one to master in restoring health is stress (worry, fear & anger).

based on Dr. Henry Wright's book "A More Excellent Way" www.beinhealth.com/

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| 1. Recognize what caused the problem | 5. Remove all hindrances to health |
| 2. Take Responsibility for your role in it | 6. Resist thoughts contrary to God's Word |
| 3. Repent for not accepting the finished work of Christ | 7. Rejoice that Christ took ALL your infirmities |
| 4. Renounce & Reject all sickness & disease | 8. Help Restore someone with your testimony |

Several other professionals who are part of the 21st century transition from 'disease management' to 'wholistic wellness' (without detouring into New Age sorcery) have **free newsletters** that keep people informed about health alternatives, folks like: Dr. Joseph Mercola www.mercola.com/ Dr. Russell Blaylock www.blaylockreport.com/ Dr. Doug Kaufman <https://knowthecause.com/> Cheri Calborn <https://juiceladycherie.com/>

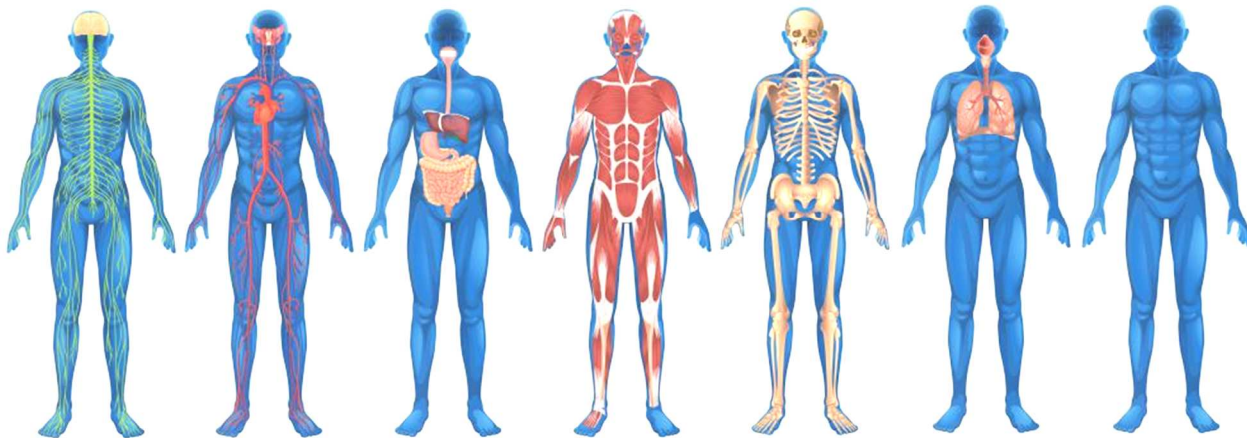
The purpose of this booklet is to help you remove hindrances to mind & body wholeness by exposing them and suggesting alternatives. It's up to you whether you act upon it. And, also to discover that **your body is a living illustration of how the Kingdom of God operates.**

This 3 page (front & back) booklet from <http://2-acres.com/Ginger> is a synopsis of everything I've learned about health from reading, experiences (I was born in 1951), attending the Cancer Control Society symposium & visiting the Tijuana Cancer Clinics. I have NO medical training at all. I'm just a very healthy grandma who wants to help others because Jesus Christ is my Lord and He wants people well.

7 Body Systems

(& 5 sub-systems)

revealing **Laws of the Kingdom of God**



by Ginger Shamblin 1-865-986-6784

Introduction

There are certain principles that Christians live by that are as natural as breathing. They don't stop to think about these principles any more than they stop to examine how the respiratory system works each time they breathe. But the principles, or spiritual laws, are there. This booklet is an attempt to explain how the 7 human body systems (*and 5 sub-systems*) obey spiritual laws and how, as knowledgeable stewards of your body, you can take responsibility for the care and maintenance of each part. The **immune system** is not dealt with as a separate system because it is the defensive part in each of the 7 systems, but there is a segment on how to strengthen the immune system on the last page.



**When you understand how your own body works, you will understand how the Kingdom of God works.
And, as you understand how the Kingdom of God works, you will, like Jesus, cast out sickness & disease.**



Besides the spiritual application of these 7 body systems, this booklet includes ways to maintain health and various treatments for sicknesses using herbs, seeds and the oils derived from them. (*Unfortunately, there is little information available on the medicinal properties of tree leaves as yet.*) In Genesis 1:29, God gave men "every **herb bearing seed**" and "every tree, in the which is the **fruit** of a tree **yielding seed**" for food. In Ezekiel 47:12, "the **fruit** thereof shall be for meat, and the **leaf** thereof for medicine." When **herbs**, like ginger root, are recommended, use your sanctified imagination on how to take them. Try gingerbread or gingerale. For garlic and cayenne, use it in soups. **Leaves** are usually dried, boiling water poured over them, covered (*so oils will not escape*), cooled and drank as a tea or ground up, wet and used as a poultice (*like a bandage*). Leaves have higher concentrations of vitamins and minerals, which is more necessary in treating sickness. **Oils** can either be poured on salads, inhaled with steaming water or rubbed on the skin (*the bottoms of the feet are best*), since they are easily absorbed. There are also good vitamin & mineral-salt skin creams that don't contain 'propyl' or other additives that overwork the body's natural filters (*kidneys, liver*).

On the back of this booklet, color therapy and massage therapy are very briefly introduced. When exploring unconventional therapies, like aroma therapy, ion or ozone therapy, oxygenation, low-reactive level laser therapy, magnetism and such, please consider their source. Many alternative medicine practitioners are not following the Holy Spirit but "...worship and serve the creature (*their own bodies*) more than the Creator..." (Romans 1:25). Learn to enter boldly into the promises of God, including good health, with caution, but not fear.

"I wish above all things that **you** may prosper and be in health, even **as** your soul prospers." (3 John 1:2)

The information in this booklet is offered by way of helpful suggestion only and is not to be construed as definitive medical advice.

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This booklet is dedicated to my mother, Iris Lloyd Guinn Vihlen.

A Few of the References Used:

A Shot in the Dark by Barbara Loe Fisher & Harris L. Coulter www.nvic.org
Alternatives: for the Health Conscious Individual newsletters by Dr. David G. Williams
Back to Eden by Jethro Kloss
Basic Care Bulletins by Bill Gothard's Medical Training Institute of America
Cancer Free by Bill Henderson www.Beating-Cancer-Gently.com
Cancer: Step Outside the Box by Ty Bollinger
Color Me Healthy by Dr. William Campbell Douglass, M.D.
Could it be B12? An Epidemic of (dementia) Misdiagnoses by Pacholok & Stuart
"Dead Doctors Don't Lie" audio tape by Dr. Joel Wallach
Disease Free by Matthew Hoffman, William LeGro Prevention Magazine
Disease Prevention & Treatment by Life Extension
Eat Right 4 Your Blood Type by Dr. Peter D'Adamo
Fit for Life by Harvey and Marilyn Diamond
Foundations for Healing by Dr. Richard Becker, D.O., 'Your Health' TV show on CTN
Getting Started on Getting Well by Dr. Lorraine Day, M.D.
God Wants You Well by Andrew Wommack
Health and Healing: Tomorrow's Medicine Today by Dr. Julian Whitaker
Heinerman's Encyclopedia of Fruits, Vegetables and Herbs by John Heinerman
Knockout-Interviews with Doctors who are Curing Cancer by Suzanne Somers
Lethal Injections by Dr. William Campbell Douglas, M.D.
Miracle Medicine Foods by Rex Adams
Natural Alternatives to Over-the-Counter and Prescription Drugs by Michael T. Murray
Natural Health Secrets Encyclopedia by the staff of F.C. & A.
Natural Healing Handbook by Beth M. Ley
Safe Foods by Deborah Mitchell **Save Your Life** by Dr. Richard Schultz
The Cure for all Cancers by Dr. Hulda Regehr Clark, Ph.D., N.D.
The Doctors Vitamin & Mineral Encyclopedia by Sheldon Saul Hendler, M.D., Ph.D.
The Ion Effect by Fred Soyke with Alan Edmonds
The Secret Kingdom by Pat Robertson



Immune System Boosters:

Exercise: park in farthest parking space & **walk!**
Fasting (*just water*) increases anti-bodies
Phase 1: food utilized, false hunger (day 1-2)
Phase 2: fat metabolized, need sleep (days 2-5)
Phase 3: toxins eliminated, tongue coated (5-40)
(2 weeks is optimum for restoring health)
Forgiveness & Gratitude: these are healing emotions that inhibit disease in the body
Fresh Air: oxygenate by moving when outdoors
Laughter: besides increasing heart rate and hormone production, laughter moves extra nutrients and oxygen into your body's tissues
Love: passionate love stimulates the hormone PEA (*phenylethylamine*) which boosts immunity
Prayer: confession, repentance & relinquishment of bitterness & anger boost immune responses
Seeds: seeds (*beans, peas, nuts*) have life in them—they are the ultimate food. (*note: there are traces of cyanide in many seeds that permeate cancer shields so the body can see & attack it, but obviously, too much cyanide can be fatal --B17, laetrile, from apricot seeds, only helps in naturally occurring cancers, not lab-induced cancers, hence its failure in FDA tests.*)
Singing: boosts metabolism & strengthens lungs
Sunlight: daily (*without sunscreen or glasses*) retinally produces vitamin D3 (*anti-cancer vitamin*)
Water: essential to digest food properly, thin blood, eliminate toxins, build bones....



Muscular Systems obey the Law of Unity

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The muscular system, consisting of 650 muscles and tendons, allows the body to move freely. The muscles work together, no one muscle moves alone! Muscles always pull and never push one another. They provide strength for the body. In the Kingdom of God, the individual members must work together. From this unity comes the strength of the Kingdom.

Muscular Tips:

Bathe in Epsom Salts (*magnesium for muscles*) & vinegar (*for skin*).
Massage & movement stimulate lymph & repair muscle tissue.
Muscles weaken after eating foods you're allergic (*addicted*) to.
Try alternating arms when bowling or playing tennis to avoid injury.
Use essential oils topically to oxygenate muscle tissue.

Warnings:

Avoid areas where pesticides & herbicides have been sprayed.
Don't use heat with menthol ointments (*may cause kidney damage*).
Don't jog every day (*it takes about 24 hours for joints to relubricate*).
Don't use anti-perspirants, they suspend normal eliminative function (*aluminum-free baking soda is still the best deodorant*).
Fabric softeners can cause vertigo & loss of muscle coordination.
Skin lotions are absorbed through the skin & can poison the liver.
Vaccine side effects include Multiple Sclerosis, Juvenile Diabetes, Gulf-War Syndrome, epilepsy, SIDS, seizures, brain swelling...

Muscular Ailments/Treatments:

Bruises: rue (rutin), cayenne, vitamin C, rub w/peppermint or lavender oil
Back Bursitis: eat white part of citrus peel (*bioflavonoids*) & quit typing!
Cerebral Palsy: hyperbaric oxygen, wheat germ oil, garlic & detoxes (*1st case was caused by mercury in Minamata Bay, Japan, in 1950's*)
Multiple Sclerosis: buckwheat, raw vinegar, cod liver oil, spinach, olives (*consider having dental fillings removed, may be leaking mercury*)
Muscular Dystrophy: flax & wheat germ oil (*vit. E*). Brazil nuts (*selenium*) 300 milligrams a day of CoEnzyme Q10 may alleviate symptoms
Restless Legs (*nocturnal*): almonds (*magnesium*), eat greens (*calcium*) 50,000 mg tablets of Vitamin D (*or get much more sunshine*)
Scurvy (*swollen legs, stiff knees, rash*): fruits, berries, turnips (*vit. C*)
Seizures (*brain inflammation?*): metal detoxes like coriander seeds, zeolite
Sprains: ice, cayenne pepper creams, fresh papaya or pineapple skin juice (*bromelain*), rosemary in oil, seeds, eat okra (*manganese rich*)
Stimming (*stimulation*): repetitive movement to lymph-detox heavy metals

Boron & Strontium deficiencies: high blood pressure, low estrogen, backache, low testosterone, inability to assimilate calcium, arthritis...
Calcium & Vitamin D deficiencies: high blood pressure, bleeding gums, colds, muscle twitches, leg cramps, Bell's Palsy, polio paralysis..
Chromium & Vanadium deficiencies: diabetes, sugar cravings **Copper deficiencies:** heart attack, varicose veins, stroke, gray hair
Iodine deficiencies: fatigue, cold extremities, fibroid tumors, hair loss, weight gain... **Iron deficiencies:** (fatigue, pica, sore tongue, paleness
Magnesium deficiencies: restless leg syndrome, menstrual cramping, PMS, heart trouble **Potassium deficiencies:** muscle pain, weakness
Selenium deficiencies: asthma, cancer **Zinc deficiencies:** acne, dull hair, body odor, colds, loss of sense of smell, white spots on fingernails
*Synthetic mineral supplements are like drugs and can have side effects. So, use all-FOOD mineral sources like raw fruits, veggies, leaves, sea salt, honey...

Glandular Health Tips:

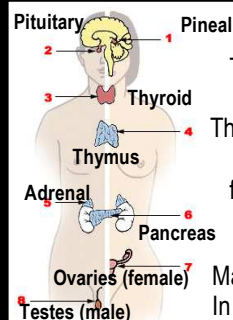
Negative emotions (*fear, anger...*) create chronic inflammation/disease.
Never underestimate the health benefits of regular, hearty laughter!
Pituitary & pineal glands require daily sunlight to function optimally.
Pre-natal folic acid supplementation can prevent mental retardation.
Take vitamins made from food ONLY (*they should dissolve in vinegar*).
Test for iodine deficiency by painting a 1-inch circle of iodine on the belly. It should remain stained 24 hours. Otherwise, you're deficient.

Warnings:

Cancer can't thrive in an alkaline body--so eat raw veggies, greens, blue-green algae to alkalize. (*Meat & sweets are acid-forming*)
Chlorinated & fluoridated water destroy iodine levels (*hypothyroidism*)
Mammograms can trigger breast cancer--thermography is much safer
www.breastthermography.com www.cancertutor.com
Pesticide-laden coffee w/chlorinated water can cause bladder cancer.
Protect the pancreas (& avoid diabetes) by **not** eating GE (*genetically engineered*) foods like high fructose corn syrup, MSG, aspartame.

Gland Ailments/Treatments:

Breast tenderness & fibroid tumors (*iodine deficiency*): kelp or iodoral
Cancer: **anti-tumor foods: mushrooms, ginger, echinacea, licorice, figs, tumeric (for bone cancer), cabbage/broccoli (for lung & esophageal cancer), green tea (for stomach cancer), chaparral (for melanomas), peas/beans (for colon/rectal cancer), rosemary (for prostate cancer), flax seed oil & cottage cheese (for breasts)**
Hepatitis: dandelion root, milk thistle, anise, tumeric, macadamia nuts
Hyper (*overactive*) thyroid: kelp, eat cabbage & broccoli, avoid all aspirin
Hypo (*low*) thyroid: kelp or seafood, sunlight, avoid chlorinated water
Morning Sickness: ginger, raspberry leaf tea, one-day fast often helps
PMS: butternut squash, wild yams, ginger, raspberries, avoid coffee & salt kelp (*iodine*), almonds (*magnesium*), sage, evening primrose oil
Swollen lymph glands: exercise or massage glands, infrared sauna, sweat
Tumors: castor oil poultices, hydrogen peroxide, anti-tumor foods & herbs
Water retention: avoid pork, eat watermelon or celery, dandelion leaves
Yeast Infections: insert peeled, lanced, raw garlic clove (*like a tampon*)



Endocrine/Glandular Systems obey the Law of Change

The glandular system consists of 7 main glands: pineal, pituitary, thyroid, hypothalamus, adrenal, pancreas & sex organs. They produce hormones that regulate changes in the body: growth, pain & energy levels and body temperatures. They are activated not only by sight, hearing, feeling, tasting and touching, but by the **thoughts** generated by those senses. In the Kingdom of God, change is constant. The mind-set that allows for change and adapts to it will be a catalyst for growth and provide balance and well-being to the Body of Christ. By the same token, inability to adapt hastens death.

subsystem: Reproductive Systems obey the Law of Miracles

Male sex glands are activated by seeing. Female sex glands are activated by hearing. The purpose of both is new life. In the Kingdom of God, miracles are first seen, then spoken forth, then hoped for, traveled over and, finally, birthed.

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Commonly Used Drugs & their Side Effects:

ACE inhibitors (blood pressure medicine) - chronic cough, headache, kidney damage
Acetaminophen - skin rash, kidney & liver damage (accentuated by alcohol use)
Alka-Seltzer - bloating, kidney stones, nausea, mineral deficiencies
Antibiotics* - yeast infections, thrush, symptoms that mimic schizophrenia
Antihistamines - skin blotches, dry mouth, rapid heart beat, weight gain, nervousness
Aspirin** - iron and folic acid deficiencies, asthma, ulcers, swells nasal passages
Beta-blockers (Propranolol) - hair loss, joint pain, deafness, cardiac arrest, asthma
Birth control pills - breast cancer, weight gain, mood alteration, chronic PMS, stroke
Corticosteroids (Prednisone) - facial hair, diabetes, osteoporosis, mineral deficiencies
Darvocet / Demerol- constipation, addiction, liver damage, nausea, upset stomach
Decongestants - habit forming, suppresses natural functions, dry mouth, nervousness
Digitalis (Lanoxin) - confusion, disorientation, appetite loss, hives
Dimetapp - excitability, bone marrow damage, nerve damage
Diuretics - potassium and magnesium deficiencies, rashes, headaches, cramps
Ibuprofen - ulcers, easy bruising, ringing in ears, kidney and liver poisoning
Laxatives - mineral deficiencies, dependency
Premarin (pregnant mare's urine) - bloating, yeast infections, cramps, fibroid tumors
Prozac - headaches, palpitations, seizures, suicidal tendencies, amnesia, schizophrenia
Sleeping pills - nervousness, heartburn, headaches, chronic constipation
Synthroid - headache, leg cramps, rapid pulse, tremors
Tagamet - dizziness, muscle pain, liver damage, swollen breasts, hormonal imbalance
Tums - constipation, bone pain, swelling, weakness, acid rebound, kidney stones

***To build back up good intestinal bacteria after taking anti-biotics, eat lots of plain organic yogurt with honey, take probiotics and drink rose petal tea.**

****Pain is like a warning light on your car. Disconnecting the warning (pain) with pain-killers (without finding the root cause) is NOT smart.**

(Many of these drugs actually worsen the condition for which they are taken if used long-term.)

Alternative Treatments that may work better:

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garlic, onions, nuts, greens, citrus, oatmeal, whole grains
feverfew leaf tea, white willow bark, massage therapy
a pinch of baking soda or raw vinegar & honey in water
cayenne, garlic (may be inserted vaginally), acai (any berries)
fruits with pulp (flavonoids), ephedra, hot foot bath
find the cause (MSG, caffeine?) willow bark (natural aspirin)
raw peanuts, ginger, honey, avoid all fake butters
mexican wild yam, vigorous exercise, hot baths before sex
noni juice (anti-inflammatory) pineapples, tumeric, fish oil
hot bath in epsom salts (magnesium), massage, drink water
ginger, cayenne, nasturtiums, eucalyptus leaf tea
hawthorn berries, honey, almonds, olive oil
honey, cinnamon or rose petal tea, elderberry extract
nettle, dandelion leaves, cucumbers, lemon juice, organic celery
yarrow or red clover tea, see #5: Headache Prevention
aloe vera juice, senna leaves, exercise, prunes, peaches
alfalfa sprouts, cucumbers, apple cider vinegar & honey
SUNSHINE, prayer, wheat germ oil, exercise, music, berries
hops, camomile, valerian root, work, avoid all caffeine
natural thyroid extract, iodine, kelp, seafood (if not allergic),
papaya enzymes, cabbage juice, licorice (in moderation)
ginger, pineapple, raw apple cider vinegar (treats root cause)



Aluminum poisoning (lethargy, confusion) can occur from vaccines, deodorants, baking soda, municipal water, antacids, aluminum cans & pans

Chlorine poisoning (thyroid trouble--hair loss, fatigue, dry skin & deficiencies) can be caused by chlorinated water (it inhibits iodine absorption).

Fluoride poisoning (memory loss, brittle bones, bad teeth) can occur from ingesting fluoridated toothpaste, drinking & bathing in fluoridated water

Lead poisoning (appetite loss, vomiting...) can be from using pre-1930 crystalware, pewter, cheap bone-meal, lead paint, burning old comics

Mercury/Thimerosal (headaches, muscle tremors, arthritis, paralysis, chronic pain...) can occur from paints, vaccines and "silver" teeth fillings

Antidotes (nature's 'chelators'): apples (pectin), grapefruit, garlic, coriander seeds, plantain leaf or chickweed tea, charcoal, raw vinegar

Skeletal Systems obey the Law of Faithfulness

The skeletal system, consisting of 206 bones, including the skull, is what keeps the body upright. It not only supports the weight of the entire body, but within its bones, it produces the lifeblood. A steadfast posture is essential. In the Kingdom of God, there can be no wavering between faith and unbelief. Believers are called to stand firm, not swayed by emotion or doubt, but having the posture of a made-up mind. A good skeletal system demonstrates the importance of faithfulness.

subsystem: **Teeth obey the Law of Use**

The teeth are the hardest part of the body and yet can simply fall out from lack of use.

In the Kingdom of God, that which is your greatest strength can be lost through negligence. In other words, use it or lose it!



Skeletal Tips:

Anything constricting can cause chronic pain (*so wear loose clothing*).
Avoid amusement park rides or sports that suddenly jar the spine.
Avoid all caffeine & phosphates (*they block calcium absorption*).
Remove glasses outdoors (*glass blocks sunlight/retinal vit. D3 production*).
Don't prop up a baby very long in a swing, their spine isn't ready yet.
Find a good chiropractor and be adjusted regularly (*neck, feet, back...*).
Take magnesium supplements or bathe in Epsom Salts regularly.
Use mineral-rich salt (*Real Salt*) and eat raw Brazil nuts & almonds.

Dental Tips:

Avoid root canals (*they breed inflammation causing MS, CFS...*).
Baking soda, xylitol and/or pure salt make the best toothpastes.
Chew peelu or xylitol gum after meals to kill oral bacteria.
Have silver (*mercury*) fillings replaced or teeth removed (*mercury leaks*).
Have saliva pH tested & eat raw foods to discourage cavities.
Instead of filling cavities, try having teeth professionally cleaned bi-weekly or monthly for 6 months or more. (*They often recalcify--my kids' did!*)
Pour hydrogen peroxide over toothbrushes daily to kill germs.

Skeletal Ailments/Treatments:

Arthritis: go gluten-free & eat greens, tumeric, onions, salmon, parsley
Back pain (*lumbago*): use papaya or fig poultice, take pro-biotics, hops
Bleeding gums (*vitamin C deficiency*): lemon juice (*on cotton ball*)
Gingivitis (*calcium/mag deficiency*): water & cayenne pepper oral rinse
(*most mineral supplements are contaminated--eat greens & almonds instead*)
Knee/Wrist pain: apple cider vinegar (*bath or drink*), sunflower seeds
Osteoporosis: yogurt, greens, honey (*contains 24 trace elements*)
Rickets (*bone deformities*): vitamin D, sunshine, onions, greens
Rheumatoid arthritis: do heavy-metal detoxes & parasite cleanses
Toothache: apply ice or clove oil, bite down on raw garlic or ginger

Water Warnings:

Always add GSE (*grapefruit seed extract*) to water when traveling
Fluoride & Aluminum (*used to treat water*) together cause brittle bones
Non-electric water filters: **AquaRain.com** or **AquaClearWS.com**
(*Skin & bone issues can come from chemicals in municipal water systems*)

www.fluoridealert.org/ www.dentistry-toothtruth.com/

www.toxicteeth.org https://iabdm.org/



Respiratory Systems obey the Law of Reciprocity (Giving and Receiving)

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The respiratory system includes the nose, windpipe and 2 lungs. It receives oxygen and dispenses carbon dioxide. In the Kingdom of God, the amount received (*inhaled*) is in proportion to the amount dispensed (*exhaled*).

Respiratory Health Tips:

Have indoor animals checked for strep throat (*they can pass it to you*). Household mold can cause perpetual sinus infections & health issues. In humid weather, hang www.DampRid.com in rooms w/books or carpet. Indoor malls build up excessive positive ions (*waterfalls are the antidote*). Invest in some healthy indoor plants to purify air (& *don't overwater them!*) Open windows monthly or get an ionizer. www.EdenPure.com/purifiers Positive ion air masses move in before storm systems and lower immunity.

Additive Warnings:

Autopsies on cancer patients show high levels of **propyl**. Avoid all lotions, cosmetics, foods, etc... with "**prop...**" listed as an ingredient. Asthma can be triggered by sulfites sprayed on salads & by BHT or BHA. Fabric softeners used on clothes can cause vertigo (*dizziness*) & rashes. **Formaldehyde** gas (*from paneling glue or new furniture*), **radon** (*from the ground & appliances*), **lead** fumes (*from paint--up to 1 year*), **ozone** (*from aerosols and appliances*) all can cause chronic health problems. Inhaled **organophosphates** (*on golf course*) & **Tums** can cause liver failure.

Breathing Exercises:

Lift arms overhead repeatedly each day to stimulate lymph & lung function. When lying down, get in the habit of always doing arm & leg exercises. When outdoors in fresh air, take deep breaths, hold & release (10x).

Headache Prevention:

Avoid: ALL sodium nitrate and MSG (monosodium glutamate) (*used in most restaurant and packaged foods*); caffeine (coffee, tea, & colas) Avoid being in areas where pesticides & herbicides are sprayed. Avoid low-fat products (*your body requires oils to protect your nerves*). Do NOT take birth control pills or ERT (*estrogen depletes magnesium*) Don't get a root canal or silver (*mercury*) fillings (*avoid inflammation*). Don't apply chemicals (*lotions, perfumes, most antiperspirants*) to skin.

Eye Strengthening Exercises:

Move eyeballs from side to side, up & down, and diagonally every day. Roll eyes, lids closed, clockwise & counterclockwise slowly before sleep. Block center vision and use peripheral vision (*to strengthen muscles*). Squeeze eyelids together tight, open and blink rapidly (*for circulation*).

Skin Care Tips:

Apply wet oatmeal, barley or aloe to rashes, then anti-fungal powder. Do a 'liver cleanse' (*your skin reflects the health of your liver*). Eat fresh raw fruit & plain yogurt with honey. Drink carrot juice. Mask face with cucumber juice, aloe or egg whites (*for blackheads*). Use natural oils on skin (*almond, avocado...*) or vinegar, not chemicals. Minerals heal the skin. The BEST cream: www.seaminerals.com

Respiratory Ailments/Treatments:

Allergies: avoid all sugar (*except honey*), avoid milk & wheat products Asthma: eat brazil nuts (*asthma could be just a selenium deficiency*) strong coffee could stop an attack, eat carrots, ginger & walnuts Bronchitis: carrot juice, thyme tea, honey, horseradish, licorice, garlic Colds: eat horseradish, cayenne, garlic, rub on eucalyptus oil, rest Fever: fevers kill viruses. If too high, drink lemon juice (*with cough, headache, rash and swollen gland--it could be parasites*) Flu: elderberry extract, vitamin C,* echinacea, hot bath, yarrow tea, apple juice, bedrest, garlic, onions, chicken soup with cayenne Lung infections: walnuts & ginger, grape juice, asparagus, berries, inhale eucalyptus vapor, garlic is a natural antibiotic, use liberally Sinus Infection: salt-water drops and goldenseal powder snuff Sore Throat: women: use a clove of pierced, raw garlic as a tampon Sore Throat: men: eat hot chicken soup with cayenne pepper Stuffy Nose: salt-water nose drops, hot foot bath (*draws blood down*) Tuberculosis: turnip juice, garlic, nasturtium flower & leaf tea

*Vitamin C Flu Stopper:

1,000 mg. of vitamin C should be taken as soon as the throat feels ticklish, and continued every 1/2 hour until diarrhea occurs. Then it's time to taper off--but it can cause Vitamin A depletion (*so eat plenty of carrots, squash, parsley*). Note: Garlic & sage are antibiotics.

Nerve Ailments/Treatments:

Alzheimers: coconut oil ! avoid flu shots & cholesterol-lowering meds Bedwetting: spine adjustments, corn-silk teas, avoid ALL milk products, Depression: lavender oil, massage, walk, 1tbsp.molasses in hot water Dry Eyes: castor oil drops, snapdragon tea eyewash, bilberries, MSM Earache: crushed garlic in olive oil drops, apple poultice, goldenseal Headache: bathe w/Epsom salts (*to hydrate*), deep breathes, massage, eat bananas, melons, pumpkins, squash, watercress, celery and pecans & drink camomile, peppermint, thyme or red clover tea Paralysis: cayenne pepper, sunflower seed oil, horseradish, chamomile

Skin Ailments/Treatments:

Athletes foot: crushed garlic (*30 min. rub*), raw vinegar, tea tree oil Burns: cold water, vinegar, aloe, honey, yogurt, lavender or emu oil Head Lice: rub warm tea tree oil on scalp, cover 15 minutes, wash Hornet sting: honey, wheat germ oil, plantain leaves, vinegar, cukes Insect bites: meat tenderizer, baking soda, raw onion or garlic poultice Itching/Impetigo: baking soda in bath water, carrot juice, raw vinegar Poison Ivy: jewelweed, plantain leaves, goldenseal, oatmeal, tea tree Ringworm: goldenseal or black walnut shell juice poultice, clove oil Shingles: apply Listerine or castor oil to rash, eat eggs (*for lecithin*) Warts/Corns: papaya poultice, dandelion leaf, black walnut shell juice



Nervous Systems obey the Law of Authority

The nervous system, consisting of the brain and spinal cord and numerous nerve centers throughout the body, receives signals and transmits electrical impulses to the brain, which, in turn, respond with signals carried to each body part. In the Kingdom of God, the communication system is prayer to the Head--God the Father, who networks His responses through delegated authorities. The Nervous System demonstrates how prayer works--and explains how it can be hindered.

subsystem: Skin obeys the Law of Responsibility

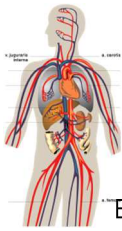
Skin covers & protects the body. In the Kingdom of God, saints are responsible to & for each other, each with unique 'prints.'



5

Circulatory Systems obey the Law of Dominion

6



The circulatory (or cardio-vascular) system, consisting of the heart, blood, blood vessels, arteries and veins, transports blood through 60,000 miles of blood vessels, saturating & sustaining every part of the body with oxygen and nutrient rich blood. In the Kingdom of God, dominion is taken by **speaking** the **Word of God** (typified in the Old Testament by blood sprinklings). Jesus declared Himself to be the Word of God made flesh. As His **spoken Word** (the blood) permeates the earth, it carries life.

subsystem: **Lymphatic Systems obey the Law of Perseverance**

Blood leaks out of the capillaries and is cleansed and returned to the bloodstream by the lymphatic system, which requires movement. In the Kingdom of God, those who "leak" through the system are renewed and restored by persevering--'keeping on keepin on.'

Circulation Exercises & Tips:

Lying down, raise knees to chest, clasp & pull knees toward shoulders.
On hands and knees, drop belly, raise & pull shoulders inward, repeat.
Rebound (*jump up & down*) to stimulate & cleanse lymph
Squeeze muscles (*one at a time*) for 10 seconds & then release
Strokes & Heart Attacks: thin blood with magnesium (*open a capsule & mix it with water for quickest absorption or cayenne pepper in water*)

Healthy Heart Foods:

Celtic sea salt is mineral rich & nourishes blood. www.celticseasalt.com
(Salt sensitive high blood pressure indicates a magnesium deficiency!)
Eggs are protein & selenium rich. (*Only powdered eggs raise cholesterol.*)
Margarines may be the primary cause of heart disease. (*Organic butter-- in moderation-- is better digested than any man-made substitute.*)
Use honey--in moderation--instead of sugars (*new studies indicate that SUGAR is the real cause of high cholesterol, not eggs or salt!*)
Fast one day a week. This strengthens all systems. (*Accumulated toxins build up and coat the tongue, so brush your tongue when you fast.*)

Digestive Health Tips:

Aspartame (*NutraSweet*) has been linked to cramping, seizures, brain tumors, migraines and even blindness (*it converts to wood alcohol*).
It's especially dangerous when heated. Avoid all 'diet' drinks!
Buy organic fruits & veggies to avoid irradiated produce & pesticides.
Buy organic pastas & chips to avoid genetically engineered corn & soy.
Chew food thoroughly and slowly for optimum digestion & weight loss
Cinnamon has been proven to regulate blood sugar.
Don't eat meat & starches together, the meat can putrefy (*causing 'gas'*).
Don't drink cold or sugary beverages with food (*inhibits good digestion*).
Don't chew gum between meals (*it causes saliva to produce starch-digesting enzymes continuously, eventually depleting them*)
Eat less food! It sounds simple, but big meals overwhelm & cause harm.
Eat raw foods (*salads*) before a meal to stimulate digestive enzymes.
High Fructose Corn Syrup is a genetically engineered sugar invented in 1995 that fools the pancreas until it shuts down (*diabetes*).
Saccharin can cause bladder cancer. Sorbitol can cause abdominal pain.
Sugar causes hypoglycemia, depression, tooth decay, hyperactivity....
White breads & sugars cause constipation, headaches & adult diabetes.

Circulatory Ailments/Treatments:

Anemia: liver, raisins, grapes, spinach, molasses, parsley, beets
(*caffeine in colas & tannins in tea inhibit absorption of iron and zinc*)
Arteriosclerosis: eat bananas, sweet potatoes, tomatoes, artichokes
Bedsores: apply chlorophyll, sunlight, tea tree oil, raw potato, honey
Bleeding: apply sugar, tea tree oil, blackberry or apple leaves
High cholesterol: Avoid sugar & margarines (especially substitutes)
Leukemia (*suspect a B vitamin deficiency*): echinacea, greens
Nosebleeds (*vit. C def.*): apply lemon juice with cotton ball to nose
Poor circulation: cayenne pepper, hawthorn berries, exercise
Swollen lymph glands: massage, drink water, eat beets & cabbage
Varicose veins: peanuts (*vit. E*), greens (*folic acid*), grapes, rue
EMF Warnings:
Don't live near high voltage power lines or radio/TV stations.
Don't fall asleep under an electric blanket or near a digital clock radio
(*affects white blood cells, suppressing the immune system*).
Microwave ovens can cause internal bleeding (*point away from you*).
Limit cell phone use & use protection. www.emf-bioshield.com

Digestive Ailments/Treatments:

Bad breath (*halitosis-vit. A def.*): eat parsley, dill, filberts, hazelnuts
Cold sores: tea tree oil (*melaleuca*), red raspberry leaf tea, wet tea bag
Colic: raspberry leaf tea (*if nursing a baby, avoid cabbage/cornd beef*)
Constipation: apples, peaches, papaya, olive oil, water, asparagus
Diarrhea/Dysentery: bananas, ginger, brown rice, burnt toast, tapioca
Gallstones: fast with apple juice for 2 days & drink 1/4 cup olive oil or drink 6 oz. lemon juice with 6 oz olive oil, or eat boiled beet leaves
Gas: activated charcoal tablets, cloves, garlic (potassium rich)
Heartburn: bananas, celery, dill, cabbage, rose petal tea, cabbage juice
Hemorrhoids: apply witch hazel, raw potato suppository
Hiatal hernia: sit up for 1 hour after eating, don't take antacids (*they upset the digestive balance and can cause kidney damage*)
Indigestion: pinch of baking soda, peppermint tea, ginger, cinnamon
Kidney stones: parsley tea (*for 3 weeks*), carrot juice, drink 'soft' water
Parasites: garlic, papaya, black walnut hulls, cloves, pumpkin seeds
Tongue injury: press a wet tea bag on the tongue
Ulcers: cabbage juice, honey, goat's milk, powdered okra, licorice, aloe
Urinary tract infection: cranberry juice, pierced garlic clove 'tampon'

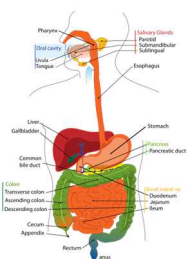
Digestive Systems obey the Law of Greatness (Serving)

The digestive (or gastro-intestinal) system consists of the alimentary canal, mouth, esophagus, stomach, intestines, gall bladder, liver and saliva. It is able to process an incredible variety of substances and convert them into usable energy for the body. The Kingdom of God operates on the principle that God knows best. Therefore, **whatever** comes your way in life, (*whether sent from God or not*), can provide life and strength to the body if it is processed properly.

subsystem: **Eliminative Systems obey the Law of Relinquishment**

While each of the other systems have eliminative mechanisms, the organs of elimination, the urinary system and bowels, provide an exit for things the body doesn't need. In the Kingdom of God, unproductive thoughts need to be cast out.

3



SYNOPSIS: 7 BODY SYSTEMS (& 5 sub-systems)

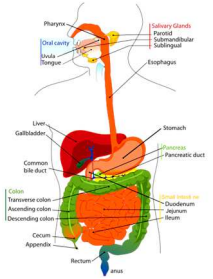
demonstrating the Laws of the Kingdom of God

1) Digestive Systems obey the Law of Greatness (*Serving*)

The digestive (*or gastro-intestinal*) system consists of the alimentary canal, mouth, esophagus, stomach, intestines, gall bladder, liver and saliva. It is able to process an incredible variety of substances and convert them into usable energy for the body. The Kingdom of God operates on the principle that God knows best. Therefore, **whatever** comes your way in life, (*whether sent from God or not*), can provide life and strength to the body if it is properly understood (*digested*).

subsystem: **Eliminative Systems** obey the **Law of Relinquishment**

While each of the other systems have eliminative mechanisms, the organs of elimination, the urinary system and bowels, provide an exit for things the body doesn't need. In the Kingdom of God, unproductive thoughts need to be cast out.



2) Muscular Systems obey the Law of Unity

The muscular system, consisting of 650 muscles and tendons, allows the body to move freely. The muscles work together, no one muscle moves alone! Muscles always pull and never push one another. They provide strength for the body. In the Kingdom of God, the individual members must work together. From this unity comes the strength of the Kingdom.

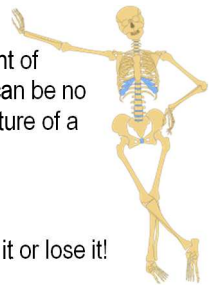
3) Skeletal Systems obey the Law of Faithfulness

The skeletal system, consisting of 206 bones, including the skull, is what keeps the body upright. It not only supports the weight of the entire body, but within its bones, it produces the lifeblood. A steadfast posture is essential. In the Kingdom of God, there can be no wavering between faith and unbelief. Believers are called to stand firm, not swayed by emotion or doubt, but having the posture of a made-up mind. A good skeletal system demonstrates the importance of faithfulness.

subsystem: **Teeth** obey the **Law of Use**

The teeth are the hardest part of the body and yet can simply fall out from lack of use.

In the Kingdom of God, that which is your greatest strength can be lost through negligence. In other words, use it or lose it!



4) Respiratory Systems obey the Law of Reciprocity (*Giving and Receiving*)

The respiratory system includes the nose, windpipe and 2 lungs. It receives oxygen and dispenses carbon dioxide. In the Kingdom of God, the amount received (*inhaled*) is in direct proportion to the amount dispensed (*exhaled*).

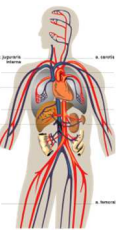
5) Nervous Systems obey the Law of Authority

The nervous system, consisting of the brain and spinal cord and numerous nerve centers throughout the body, receives signals and transmits electrical impulses to the brain, which, in turn, respond with signals carried to each body part.

In the Kingdom of God, the communication system is prayer to the Head--God the Father, who networks His responses through delegated authorities. The Nervous System demonstrates how prayer works--and explains how it can be hindered.

subsystem: **Skin** obeys the **Law of Responsibility**

Skin covers & protects the body. In the Kingdom of God, saints are responsible to & for each other, each with their own unique 'prints.'



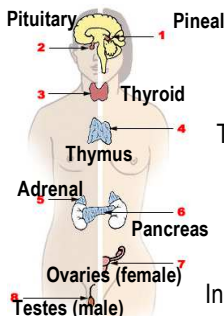
6) Circulatory Systems obey the Law of Dominion

The circulatory (*or cardio-vascular*) system, consisting of the heart, blood, blood vessels, arteries and veins, transports blood through 60,000 miles of blood vessels, saturating & sustaining every part of the body with oxygen and nutrient rich blood.

In the Kingdom of God, dominion is taken by **speaking the Word of God** (*typified in the Old Testament by blood sprinklings*). Jesus declared Himself to be the Word of God made flesh. As His **spoken Word** (*the blood*) permeates the earth, it carries life.

subsystem: **Lymphatic Systems** obey the **Law of Perseverance**

Blood leaks out of the capillaries and is cleansed and returned to the bloodstream by the lymphatic system--which requires movement. In the Kingdom of God, those who "leak" through the system are renewed and restored by perseverance--'keeping on keeping on.'



7) Endocrine/Glandular Systems obey the Law of Change

The glandular system consists of 7 main glands: pineal, pituitary, thyroid, hypothalamus, adrenal, pancreas & sex organs. They produce hormones that regulate changes in the body: growth, pain & energy levels and body temperatures.

They are activated not only by sight, hearing, feeling, tasting and touching, but by the **thoughts** generated by those senses. In the Kingdom of God, change is constant. The mind-set that allows for change and adapts to it will be a catalyst for growth and provide balance and well-being to the Body of Christ. By the same token, inability to adapt hastens death.

subsystem: **Reproductive Systems** obey the **Law of Miracles**

Male sex glands are activated by seeing. Female sex glands are activated by hearing. The purpose of both is new life. In the Kingdom of God, miracles are first seen (*by faith*), then spoken forth, then hoped for, traveled over and, finally, birthed.